



Training Program Registration Form

Rota-Kiwan Scout Reservation & Al Sabo Land Preserve
6278 Texas Drive, Kalamazoo MI 49009

In an effort to assist participants registered for the Physically Strong Triathlon the Southwest Michigan Council — Boy Scouts of America is offering a 9 week training program. The program will be available every Tuesday evening from 7:00 to 8:00 p.m. starting June 30 through August 25, 2009. You will receive expert instruction on physical conditioning, dietary recommendations and instructions on running, open water swimming, mountain biking techniques, and training in transitioning from one event to the next. You will have an opportunity to practice the entire event on the actual course. Sign up below and check the event website for details, information, and course maps at www.physicallystrongtriathlon.org.

Name : _____

Address: _____

City/State/Zip: _____

Phone _____ E-mail _____

Scout Unit # (If applicable) _____ Birthday: ____/____/____

Training Program Fees: I'm a member of the Boy Scouts of America — \$15

I'm not a member of the Boy Scouts of America — \$25

Payment Information:

Payment is included:

Check Number: _____ Amount: _____

Credit Card # ____ - ____ - ____ - ____ Expiration Date: _____

Security # _____ Amount: _____ (MasterCard or Visa Only)

Bill me

Authorized Signature: _____

Date	Instructional Topic	Items to Bring
June 30, 2009	Running	Good Running Shoes
July 7, 2009	Swimming	Goggles & Swimming Cap
July 14, 2009	Cycling	Mountain Bike and Helmet
July 21, 2009	Race Course Walk Through	Good Running Shoes
July 28, 2009	Running	Good Running Shoes
August 4, 2009	Swimming	Goggles & Swimming Cap
August 11, 2009	Cycling & Transitioning	Mountain Bike and Helmet
August 18, 2009	Race Course Walk Through	All the Above
August 25, 2009	Race Course Walk Through	All the Above

WAIVER: In consideration of the acceptance of my application for this entry, I, the undersigned intending to be legally bound, hereby, for myself and anyone acting on my behalf, release any and all claims for damages I may have against the event organizers, Southwest Michigan Council, BSA, the event supporters, directors and any sponsors and their representatives, successors and assigns for any and all injuries and death suffered by me in said event. I attest and verify that I know that an athletic event can be a potentially hazardous activity. I acknowledge that participating in this event is inherently dangerous. I fully realize the dangers of participating in this event, and fully assume the risk associated with such participation, including but not limited to the following dangers: dehydration, hyperthermia, hypothermia, hyponatremia, collision with pedestrians, vehicles, and other event participants and fixed or moving objects, dangers arising from other surface hazards, equipment failure, inadequate safety equipment, weather conditions, animals, the possibility of serious physical and/or mental trauma and injury, including death. I engage in the activity of this event with knowledge of the inherent risks of injury. I understand the risks involved in this event and I have carefully read, understand and voluntarily accept the terms of this waiver and release agreement. In addition I have read this waiver of liability and accept the risks and responsibility associated with entering this event.

Signature _____ **Date** _____

If participant is under 18 years of age, parent or Guardian must sign.

Parent _____

SOUTHWEST MICHIGAN COUNCIL—BOY SCOUTS OF AMERICA

1035 W Maple Street
 Kalamazoo, Michigan 49008
 (269) 343-4687 (800) 272-7962

Attention: Buzz Wheeler, Rota-Kiwan Scout Reservation Executive Director
 269-343-4687 ext 19

